

Woman's World

Conducted by Helene Valeau.

HELENE VALEAU'S ANSWERS.

Miss Valeau will reply to all questions asked by the feminine readers of The Intermountain Catholic. The well known character and authority of her replies need no introduction to those already familiar with her ability. Miss Valeau will take a kindly and personal interest in those who write to her, and will spare no pains in seeing that their inquiries are answered fully and carefully. Write only on one side of the paper. Address letters to Miss Helene Valeau, Intermountain Catholic, Salt Lake City.

Dear Miss Valeau—What can I do for nervous headache?

GRACE W. Leadville.
You can often help a nervous headache by combing the hair gently. Perhaps you should wear glasses. Do not get excited over anything. Excitement brings on nervous headache.

Dear Miss Valeau—My eyes have dark circles around them constantly. Do you think the matter serious?

M. A. S. Butte.
Yes, I do. If there are dark circles around the eyes, it means ill-health and should be immediately looked after. Do you get enough sleep?

Dear Miss Valeau—Give me some remedy for a bad cold, please.
JAMES S. Glenwood, Colo.
Flaxseed tea with plenty of lemon juice and loaf sugar is very soothing to sore lungs and will often cure a bad cold.

My Dear Miss Valeau—Please tell me what to use for weak eyes.

MRS. J. H. Pueblo.
For tender eyes make an infusion of a handful of catnives in a pint of hot water. Let it stand an hour. Strain and use either tepid or cold.

Dear Miss Valeau—Do you know a cure for warts?

EDWARD C. Pocahontas.
To cure warts dissolve as much sal ammoniac as will be taken up in an ounce of rain water and apply three times a day until the warts disappear.

My Dear Miss Valeau—Please give me some simple remedy for sore throat.

NELLIE M. Ogden.
A sore throat should never be neglected, except of the throat. It is best to dissolve a heaped teaspoonful of salt and carobate of soda, mixed in equal quantities, in half a tumbler of water.

Dear Miss Valeau—Kindly tell me what to do for chilblains and corns. I suffer greatly in the winter.

J. S. P. Salt Lake.
To alkali the burning and itching of chilblains and the soreness of corns apply a mixture of borax and salicylic acid. This is poisonous, taken internally and should be labeled. Some ointment to the corns of corns. The latter is the cheaper way. Drop ammonia just the lotion, one drop at a time, until the liquid becomes white.

The Poor Man's Wealth.

If money is a god it is certainly a blind one, deaf and dumb. It is but a few of the good things of this world it can give us, and none of those of the world to come. Money may buy a picture, or even the landscape from which the picture is painted. But it has not bought the beauty of plain and river and mountain. That is still the joy of the poor man in his cabin at the foot of the hill. It is the joy of the man in his tent on the mountain top. God holds his magnificent creation before all who wish to see it. He pays no heed to commercial bargaining. Money cannot buy the things which God has numbered and set a shining. It cannot blot the least cloud that rises out of the horizon nor divert its shadows from the path which the heavenly hand mapped out for it. It shows after a ray of sunlight nor cause the sun to rise one moment earlier or later than God's appointed time, nor to hold its beams in the heavens a moment longer than the ordained sunset. The best things of the world God has created for the many and not for the few. He has said to wealth as to the sea: "Thus far shalt thou come and no farther. God still looks on the title deeds to the earth, the atmosphere and the heavens. Here is something for the poor man to remember these days—how wonderful! Our Father has planned for his happiness in giving him those things which money cannot buy and which all the gold in the treasuries of empires cannot take from him. The rich cannot purchase the things which God cannot deprive him of them. He can sit in his cabin door and thank God for the legacy of a beautiful vision: for an atmosphere where the storms are, and the fierce lightning play and the clouds pour down their crystal treasure upon his lawn and garden, where the moon and stars make darkness as beautiful for him as for the man of millions. He has the wealth of heaven at his door, and he has just as much of it as the king in his castle."—Pittsburgh Observer

The Etiquette of Christmas.

It is good form to send gifts so that they may be received within three or four days of Christmas day, but a gift arriving the day after shows afterthought or carelessness. Upon receiving a present from some unexpected source or from some one not on our list, it is not good form to bustle to send something back. It is better to write a note of thanks and wait until another year to return the compliment.

Giving with the expectation of getting something back is not good form. Neither is it wise to give the same value in return or the same kind of thing each year.

It is seems best to give the same thing every year—for instance, a check or a roll of money—use a little ingenuity in dressing it, or change the value for the sake of the surprise it will carry.

A card should always accompany every gift, but stilted words are out of place. A "Merry Christmas" is a card unless you can be delightfully original. Those who give to the poor may omit the card if they choose. This is the occasion when anonymous communications are good form. Neither is it necessary to insulate gifts to children. Let them enjoy Santa Claus just as long as possible.

Gifts among friends and relatives should be selected with the utmost tact and delicacy, and those to the servants should be chosen for the purpose of giving pleasure. The utilitarian aspect should not always be paramount. A check or a new gown or an overcoat may be given where the motives are understood, but these should be considered in the world to be vulgar. The true spirit of Christmas calls for the unobtainable. Give something to somebody, but if possible let that something be the very best thing that the "somebody" cannot buy for one's self. The gift should be a luxury rather than a necessity be the unobtainable, then let the practical gift be smoothed in luxury or foolishness. If we give a check or a crisp ten dollar bill to somebody, let it be concealed under a few simple Christmas flowers, in a bunch of holly, in a box of sweetmeats, or in a delicate but longed-for book.

THE STORY OF A BEAUTIFUL WOMAN

(Chicago Tribune.)

This is the story of Vivian Vaughn, "the perfect woman," just as told by herself. The possibilities which it opens up for life work each woman can judge for herself. The opportunities it displays for improvement and the story of Vivian Vaughn reads something like a fairy tale. It is the story of how a girl, none too well gifted by nature, has worked upon her own and secured such a life as is as pretty as the prettiest. It is the tale of a young person who has made payal of a life study, until she knows pretty nearly all there is to know about life. It is a story, fascinating, absorbing, full of anecdote, and thrilling with interest—live, pulsing interest.

"I married when I was extremely young," she says, "and, with a mere slip of a girl, I started in for myself. My husband and I were in love, and that was enough for us. That we are still in love is enough for us today. But this is aside from the story. Only where a woman is in love, the thread of her affections works into the theme. It is old, but somehow you can't quite weaver it out. I never try to weave it out of mine. It is there for keeps."

"I was married young. My father is a preacher, the Rev. W. H. Ingersoll, and when I began my baby life in Brooklyn it was in an atmosphere of refinement and culture. In these later days the early training has come in good. Start a girl right and she will stay right. That is what I say."

"I always have held that a woman, to be beautiful, must also be cultivated, well educated, and good. There is something about beauty which makes it more than skin deep. You can tell the right kind of a beautiful woman almost at a glance. She is a woman who is good through and through."

"We have had some funny times living in New York, but O, such pleasant times! And I have managed to keep my figure. Yes, and my looks. It goes to prove that a woman can be handsome from a physical culture standpoint, even if she has not the bathroom and few modern luxuries. All she needs is running water and plenty of soap and—well, yes—a few other things."

"I make a great point of hygiene. It is ten years since I have taken even one drop of medicine, and it will be several years, I think, before I take another drop. I do not believe in medicine, and I do not take it."

"I get up in the morning and take a bath. A bath towel spread upon the floor serves as a bath mat. The running faucet and a big basin, a set of towels, a brush, and some towels serve as a bath equipment."

"I get my own breakfast. I keep fruit in the house, and I often have baked apples and cream. I have chocolate or coffee, and I have the best of eggs and some salted butter. I also have some nice rolls. You see I lead an active life and coffee and toast will not do for me in the morning. I need a great deal more."

"Getting up early is good for a woman. I find it best to breathe the fresh early morning air. And while I am dressing I open the windows and go through with my exercise. My breakfast, meanwhile, is cooking."

"I have a set of callisthenics which I take every morning. They are the best exercises, I stand upright, double my feet, and bring them up to my chin. My elbows I throw back. I then extend my arms and bring them back over my head. I massage my neck. I have exercised vigorously for several minutes. Then I close the windows and have my breakfast, for which I have a fine appetite."

"Getting dressed is with me a long operation. I wash my face in hot water. Then I rub my favorite brand of skin food into it, massaging it until it is quite dry. I take ten minutes to do this. I massage my cheeks upward from the chin. I massage the forehead across, between the eyes, where the wrinkles come. I massage around the eyes and at the corners of the mouth."

"Being a woman, with a woman's vanities, I like to improve my complexion all I possibly can. And that is the reason why I dust a little good powder over my face using a blond tint, as it matches my skin best. I put on enough to take off the shine."

"My hair, which has been brushed evenly to the right, now receives my attention. I part it one day and wear it pompadour the next. Some days I braid it up on my neck and some days I heap it up high. I ring the changes and am never tired of it."

"I don't know exactly the proportions of the Venus de Milo, but I have been told that she is exactly my height. I am five feet two inches. And I have been told that she is my breadth and my weight—or would have been in life. And that I look like her. Anyway I am five feet two, and I weigh a little less than 124 pounds. I am called quite plump, yet I am not fat."

"After I get out into the street in the morning—having had a full breakfast—I walk. I am extravagantly fond of walking, and I walk a great deal. Compared to it, I dread the world to come."

"I sometimes think, my business, which is that of looking for artists, takes me in and out of the office buildings. I climb stairs, I walk through hallways, and do a deal of standing. Yet with it all, I keep well."

"I should have mentioned the fact of dressing comfortably. I dress in the lightest of materials. This suit is made with a box pleated skirt and an Eton jacket. My hat is just medium powder, and do a deal of standing. Yet with it all, I keep well."

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worn through and through. But put before me a plate of ice cream and I feel rested immediately. It acts like a stimulant upon me. The ice cools the stomach and takes away the fever out of my blood by lowering the temperature of the body. The cream acts as nourishment and the flavoring serves as a tonic for the palate. Ice cream is digestible, nutritious and filling. I advise it for all ailments, and, indeed, most of them eat it—and all they can get of it."

"I start out after my ice cream luncheon and wait the rest of the afternoon. But by 5 I am on my way home, and when I am almost at my doorstep I stop and get a plate of ice cream, which I eat up and act as an appetizer for my dinner."

"I do not believe in the starvation diet. For my dinner I take soup, spaghetti, roast meat, potatoes, and a nice salad. Other nights I have oysters, a nice fish, some vegetables, and crackers and cheese. I believe in eating until I am comfortable. There is no other way of keeping a strong, healthy course. There are people who eat too much, but this is for those who know when to stop eating."

"I devote a great deal of time to my home. A woman cannot be the 'perfect woman' unless she keeps her home pretty. I love flowers and pretty things. When I have an empty room, I spend it on my home. I buy a little footstool to rest my feet upon; I buy a hand rest for my neck; I get an easy chair."

"A woman who is going to keep her perfect physique must not forget that perfection of body takes time. I cannot neglect myself. At night I have a hot scrub and I have some light callisthenics and I have a physical culture routine generally. And when I have finished I am glad to go to bed."

"The Bishop of Richmond Forbids Them in His Diocese."

Re. Rev. A. Van de Vyver, Bishop of Richmond, Va., has issued a pastoral letter containing peremptory instructions forbidding the performance of marriage ceremonies after 4 o'clock in the afternoon on such long conveyances as to greatly mar the beautiful ceremony. This added to many other infringements of decorum, caused the bishop to take this course.

Quits.
Said a young and foolish husband. "For the woman will turn, you know; 'If you should give up leading such a fashionable life. And devote more time to cooking. How to mix and what to bake. Then, perhaps, you might have pastry such as mother used to make.'"

And the wife, resenting, answered: "For the woman will turn, you know; 'If you would save up horses. And a score of clubs or so. To devote more time to business. And to care for what to state. Then, perhaps, you might have money such as father used to make.'"

THE CHRISTMAS DINNER.
Real Christmas Plum Pudding.

This is an excellent and reliable recipe. Take one and one-half pounds of suet, the same quantity each of stoned raisins and of the best currants, one pound of chopped apple, half a pound of mixed raisins and lemon peel, one pound of grated nutmeg, one pound of orange, three-fourths of a pound of flour and of fine bread crumbs, twelve eggs, one glass of brandy and one pint of milk. Chop the nutmeg as cold a place as possible—stand the bowl on a block of ice in a large pan of water. First mix the nutmeg, then the dry ingredients thoroughly, then add the eggs (well beaten), the brandy, then the milk, and finally the juice of the oranges and lemons. Mix the whole until it is as fine as flour. Put in a cloth and put it on to boil. This pudding, if perfect, requires about twelve or fourteen hours' boiling. It should be cooked seven hours or more the day before Christmas and finished on Christmas day.

Sauce for Pudding.
If you want to have your Christmas pudding genuine, you must not omit the sauce, but make it by this recipe: Put in a small saucepan a glass of sherry, a lemon rind (rubbed), and two small pieces of loaf sugar, a pinch of salt and a pinch of nutmeg. Mix this well, put it over a slow fire, stir it with an egg whip until the sauce thickens and is frothy and white, pour some over the pudding and serve the rest in a bowl. Do not let it heat too long or it will curdle. When the pudding is taken up, pour over a glass of brandy and set it on fire, carrying it alight to the table.

Roast Turkey.
Select a young bird weighing about ten pounds; a very large one is a disappointment, as the flesh is usually coarse and oily. Draw, singe and wash, being careful to remove every suspicion of a feather. Wipe out the inside of the bird with a clean damp cloth and prepare for stuffing. One quart of bread crumbs, one small white onion, one cupful of cream or sweet milk, two tablespoonfuls of butter, one dozen large oysters, two eggs, salt and pepper.

Cut the oysters and butter in small pieces, chop the onion very fine, moisten the crumbs (the bread should be two or three days old) with the cream and well-beaten eggs, then mix all the ingredients together and season with a dash of white pepper and one egg of a level teaspoonful of salt. Fill the body of the bird and sew up the opening with fine white cord. Put in the roasting pan with the pint of boiling water and roast for about two hours, or until the bird is perfectly tender. Baste frequently.

When ready to serve, remove the cord used in sewing the opening, dip on a hot platter and garnish with perfect celery leaves.

Strain the gravy in the pan (there should be about one pint) and skim off the fat, and it is ready to add to the giblets.

Giblet Sauce.
While the turkey is roasting, boil the liver, gizzard and heart until very tender; chop fine, rejecting the tough, muscular parts of the gizzard. Add the stock from the roasting pan, chopped giblets and more salt and pepper. If required, use a steamer; bring to the boiling point, then thicken with one tablespoonful of flour mixed to a smooth batter with a little water.

New Year's Cake (German).
Sift ten ounces of flour into a bowl; weigh one-half pound of powdered sugar, two ounces of candied citron, one-fourth pound of Sultana raisins and one-half pound of butter. You need, besides these, four eggs and one lemon. Beat the butter (washed and squeezed dry) to a cream with the hand, and add it a tablespoonful of flour, one of sugar and one egg. Mix thoroughly, and then go on in the same way, using the materials gradually until they are all in. Grate the lemon rind, add that and the juice, and work it all in with buttered paper, using two thicknesses at the bottom. Bake in a moderate oven two hours, covered the first hour.

These three cakes will keep in a tin box a twelve-month. To those accustomed to making rich cake I would say: The whole secret lies in the baking. The oven must be very slow (225 degrees by the thermometer). They must not be shaken, but turned very gently, and when taken from the oven allowed to remain till cool before they are removed from the pan.

Christmas Plum Cake.
One pound of flour, one-half pound of Sultana raisins, one pound of currants, four ounces of citron, the grated rind of two oranges, and one-half cup of sweet, strong cider or wine, one-fourth pound of butter and the same of lard, four eggs, two teaspoonfuls of baking powder, two of ground cinnamon, one of cloves, two of ginger and half a nutmeg. Beat the sugar and butter to a cream, add the eggs, one by one, and mix in the flour, warmed and using only milk enough to make it a very stiff batter—almost a dough.

For Pretty Hands.
If a girl works around a typewriter during the day or handles dusty goods the hands are threatened by chapped skin, the dirt soaking in the pores, the skin splitting open the pores. If there is no running water at her office she should leave them uncovered until she reaches home. Put on gloves and wash the hands with further use and dries the hands. Wash the hands in tepid

water, holding a teaspoonful of ammonia. Scrub well with castile soap and a stiff brush. Borax soap dries the skin too much and causes excessive perspiration. Always keep half a lemon on the washstand with which to rub the hands and nails after the first dirt has been removed. The hands should be scrubbed again with a stiff brush or while bathing in the morning. This is the only means of getting the grime and discoloration entirely out of the flesh each day. A sublimed match dipped in water and rubbed on the spot will remove ink stains.

EVENING MARRIAGES.
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